

Merike Andre-Barrett

Licensed Mental Health Counselor

215 North Geneva St
(607) 220-8590

Issues of Specialization (in order of priority)

Anxiety, Trauma, PTSD, LGBTQ, Parenting Support, Relationship Issues

Techniques

Emotion-Focused, Somatic, Dialectical Behavior Therapy, Experiential, Attachment-based & Mindfulness-Based Cognitive Therapy

Office Hours

Please Contact for Office Hours

Client Population

Individuals, Couples & Families; Ages 10+

E-Mail

merike@insightcounselingithaca.edu

Website

www.insightcounselingithaca.com

Languages

English

Willing to work with an interpreter

Yes

Willing to use alternative locations

No

Graduate Training

Masters of Science in Mental Health Counseling

Additional Certificates/Trainings/Degrees

Advanced Dialectical Behavior Therapy

Trauma-Focused Cognitive Behavioral Therapy

Fee

\$90 - \$110

Sliding Scale

No

Third Party Insurance Accepted

Aetna, Fidelis

Medicare

No

Medicaid

Yes

Therapy Support Groups

None

Comments:

I have always been curious about the human mind and about human relationships as well as how our identities and cultures shape and inform us. I approach our work with respect and a spirit of collaboration and will bring curiosity, creativity and compassion into each of our sessions committed to help you leave counseling with tools you can use to feel more self-empowered and grounded.